



Sedona Community Pool

570 Posse Ground Road, Sedona AZ 86336
(928) 282-0112

Summer Schedule

May 21 - August 7, 2016

FREE Open Swim on May 30 & July 4. (Closed June 18 & 19 for Swim Meet)

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	<u>Admission Fees</u>	
								Free: 2 years and younger \$2: children 3-17, seniors 55+. \$45: 30- visit punch pass. \$3: adults 18-54. \$75: 30- visit punch pass. <i>Punch passes expire in the calendar year purchased.</i> \$5: Water Aerobics, \$40: 10-visit punch pass, \$80: 20- visit punch pass. \$35: swim lessons \$15: Private half hour lesson. \$35: Group Swim Lesson	
6:00 AM	Closed	Swordfish Swim Team	Swordfish Swim Team	Swordfish Swim Team	Swordfish Swim Team	Swordfish Swim Team	Swordfish Swim Team		
9:00 AM	Open Swim 9:00 AM-4:30 PM	Water Aerobics & Lap Swim	Aqua Zumba & Lap Swim	Water Aerobics & Lap Swim	Aqua Zumba & Lap Swim	Closed	Open Swim 9:00 AM-4:30 PM		
10:00 AM		Swim Lessons & Lap Swim	Swim Lessons & Lap Swim	Swim Lessons & Lap Swim	Swim Lessons & Lap Swim				
11:00 AM		Lap Swim	Lap Swim	Lap Swim	Lap Swim				
1:00 PM		Open Swim 1:00-4:30 PM	Open Swim 1:00-4:30 PM	Open Swim 1:00-4:30 PM	Open Swim 1:00-4:30 PM				
4:30 PM	Closed	Closed for Maintenance and Training (4:30-5:00 PM)				Closed	Closed		
5:00 PM		Swim Lessons & Lap Swim	Swim Lessons & Lap Swim	Swim Lessons & Lap Swim	Swim Lessons & Lap Swim				
6:00 PM		Masters Swim & Lap Swim	Open Swim 6:00—7:00 p.m.	Open Swim 6:00—7:00 p.m.	Open Swim 6:00—7:00 p.m.				
								Water Aerobics	Instructor run, low impact, cardiovascular exercise.
								Lap Swim	All eight lanes available unless held consecutively with aerobics or swim lessons in which case, only four lanes available.
								Open Swim	All ages, recreation swim and lap swimming combined. There will be limited lap lanes available.
								Masters Swim	Organized instruction on stroke technique. Organized by Sedona Swim Team.
								Swim Lessons	Group/child swim lessons. 4 sessions offered.
								Swordfish	The pool is closed to the public or has shared access during swim team practices.
								Swimarama	Centered on FUN, developing stroke skills, endurance and an intro to the Swordfish Swim Team. 3 sessions.
								Swim for Fitness	18&Up. Increase fitness level and improve stroke technique. 2 sessions.
								Adult Lessons	Mon & Wed (6 p.m.) and Saturdays (10 a.m.), 2 sessions.